

Park Center Pool Schedule

Effective: February 9, 2009; Updated: March 2, 2009

LEISURE POOL

ADULT TIME

Monday - Friday

5:00am-11:00am	Adult Time*
----------------	-------------

Saturday

7:00am-9:00am	Adult Time*
---------------	-------------

OPEN PLUNGE

Monday & Wednesday

11:00am-5:50pm	Open Plunge (12pm Toys & Slide)
----------------	---------------------------------

7:00pm-9:45pm	Open Plunge (Toys & Slide)
---------------	----------------------------

Tuesday & Thursday

11:00am-3:50pm	Open Plunge (12pm Toys & Slide)
----------------	---------------------------------

7:00pm-9:45pm	Open Plunge (Toys & Slide)
---------------	----------------------------

Friday

11:00am-9:45pm	Open Plunge (12pm Toys & Slide)
----------------	---------------------------------

Saturday

12:00pm-6:45pm	Open Plunge (Toys & Slide)
----------------	----------------------------

Sunday

9:00am-3:45pm	Open Plunge (Toys & Slide)
---------------	----------------------------

PROGRAMMING

Aqua Fit Classes

8:30am-9:30am	Aqua Fit T/TH***
---------------	------------------

9:00am-10:00am	Easy Does It MWF***
----------------	---------------------

6:00pm-7:00pm	Aqua Fit MW***
---------------	----------------

Swim Lessons

4:00pm-7:00pm	Swim Lessons T & TH
---------------	---------------------

9:00am-12:00pm	Swim Lessons SAT
----------------	------------------

POOL CHECKS

Leisure Pool checks every hour during open plunge

Pool will be cleared for 10 minutes

Please take children to the restroom, and change diapers during this time .

Lifeguards will check pool chemistry & water quality

COMPETITION POOL

LAP SWIM

Monday - Friday

5:00am-6:00am	Lap Swimming M-F (8 Lanes)
---------------	----------------------------

6:00am-8:45am	Lap Swimming M-F (2 Lanes)
---------------	----------------------------

8:45am-11:30am	Lap Swimming M-F (3 Lanes)
----------------	----------------------------

11:30am-3:00pm	Lap Swimming M-F (5 Lanes)
----------------	----------------------------

3:00pm-4:00pm	Lap Swimming M-F (2 Lanes)
---------------	----------------------------

6:00pm-7:00pm	Lap Swimming F (5 Lanes)
---------------	--------------------------

7:00pm-8:00pm	Lap Swimming M-F (2 Lanes)
---------------	----------------------------

9:00pm-9:45pm	Lap Swimming M-F (2-5 Lanes)
---------------	------------------------------

Saturday

7:00am-6:45pm	Lap Swimming (5 lanes)
---------------	------------------------

Sunday

9:00am-3:45pm	Lap Swimming (5 lanes)
---------------	------------------------

NO LAP LANES

4:00pm-6:00pm	MONDAY-FRIDAY
---------------	---------------

6:00pm-7:00pm	MONDAY-THURSDAY
---------------	-----------------

LAP SWIMMING ETIQUETTE

Please keep in mind that our pools are for multiple uses. Activities, including water aerobics, swim teams, and lessons may cause some lanes to be unavailable. When limited lap lanes are available please share the lanes with other lap swimmers.

If two or more swimmers in a lane, circle swimming must be performed.

POOLS INFORMATION

* Adults Only (18+years) in Leisure Pool

** Limited lap lanes available during these times

*** Bubble Couch will be off during Aqua Fit Classes

Children under 6 must be accompanied in the water by an adult at ALL times.

Children under 3 and any children not toilet trained must wear swim diaper and waterproof pants.

All swimmers must take a cleansing shower before entering any swimming water.

PROGRAMMING

Monday - Friday

4:00pm-5:30pm	MAC M-F (6-8 lanes)**
---------------	-----------------------

5:00pm-6:00pm	Pre-Comp MWF (3 lanes)**
---------------	--------------------------

4:00pm-7:00pm	Swim Lessons TH (1 lane)
---------------	--------------------------

8:45am-9:45am	Deep Water Class MWF (3 lanes)
---------------	--------------------------------

6:00pm-7:00pm	Deep Water Class TH (3 lanes)**
---------------	---------------------------------

6:00pm-7:00pm	Master's Swim MW (4-5 lanes)**
---------------	--------------------------------

6:30pm-7:30pm	Master's Swim TH (4 lanes)**
---------------	------------------------------

6:00pm-7:00pm	Trizone MW (2-3 lanes)**
---------------	--------------------------

7:00pm-9:00pm	Scout Merit Badge W (2 lanes)**
---------------	---------------------------------

7:30pm-9:30pm	Master's Water Polo W (6 lanes)
---------------	---------------------------------

7:30pm-9:00pm	Youth Water Polo H (6 lanes)
---------------	------------------------------

Saturday

9:00am-12:00pm	Swim Lessons (1-2 lanes)
----------------	--------------------------

MURRAY HIGH SCHOOL

Monday - Friday

6:30am-8:45am	MHS Water Polo MWF (8 lanes)±
---------------	-------------------------------

6:00am-7:00am	MHS Water Polo TH (8 lanes)±
---------------	------------------------------

3:00pm-4:00pm	MHS Water Polo M-F (8 lanes)
---------------	------------------------------

± MHS morning water polo practices change according to the High School block class schedule. Please refer to the calendar posted next to the comp pool doors or online at www.murray.utah.gov.



PARKS &
RECREATION

801-284-4200

www.murray.utah.gov